

Baked Chicken Gorgonzola

(On a bed of brown rice)

Submitted by SPC Brunnelson

What you will need:

For the Chicken Gorgonzola:

- 6 Chicken breasts
- ½ cup Shredded Parmesan Cheese
- ½ cup Gorgonzola Cheese (Crumbled)
- Bread Crumbs (Preferably Italian pre-seasoned)
- *Generic Italian Seasoning (If no pre-seasoned bread crumbs)
- Marinara Spaghetti Sauce
- Non-stick Olive Oil Spray
- 2 Eggs
- ½ cup Milk

For the brown rice:

- Brown rice
- Diced carrots
- Snap peas
- Diced onions

To make:

- Preheat oven to 375
- Spray deep sided baking pan with non-stick olive oil spray
- Wash and trim fat off of chicken breasts
- In a mixing bowl Mix 2 brown eggs to ½ cup milk
- Dip chicken breasts into egg/milk mixture
- Coat chicken breasts with seasoned* bread crumbs and place onto baking pan - cover with aluminum foil
- Bake approximately 30-45 minutes depending on thickness of chicken breasts (chicken should be almost, if not, thoroughly cooked)
- Remove from oven
- Pour Marinara Sauce over chicken until chicken is covered
- Cover with shredded Parmesan Cheese
- Lightly sprinkle with crumbled Gorgonzola Cheese (Gorgonzola has a strong flavor so not a lot is necessary)
- Return to oven *uncovered* for an additional 10-15 minutes until cheese is melted

- Make brown rice using package instructions
- Add diced carrots, snap peas, and diced onions at the same time rice is added to water

Serve Chicken Gorgonzola on the bed of rice.

Side Suggestions: Garlic bread, salad, green beans, or zucchini.